

Lighten Up and Laugh: the physiology of laughter for stress relief

Contact information for laughter presentations or to start a laughter club:
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Laughter is the tonic, the relief, the surcease for pain. Charlie Chaplin.

L aughter releases endorphins, giving us the 'feel good factor'
A cts as aerobic exercise and is like 'internal jogging'
U nleashes inhibitions; breaks down barriers
G reat team building tool; encourages better communication
H elps boost our immune system; helps us resist disease
T ones muscles; improves respiration and circulation
E ncourages positive thinking and creativity
R elaxes the whole body by reducing stress and tension

You don't stop laughing because you grow old. You grow old because you stop laughing. -- Michael Pritchard

Angels fly because they take themselves lightly. (G.K. Chesterton)

Life is a dance, allow laughter and love to be your partners. – Sarah Lyttle

Laughter Yoga Links:

Mirth in the Museum – Ball State University, You Tube link (1:32)

Dr. Kataria Laughter Yoga International
www.laughteryoga.org

American School of Laughter Yoga
www.laughteryogaamerica.com

Laughter Yoga CNN 2:07
<http://www.youtube.com/watch?v=0eB3ISAYE-I&feature=related>

Laughter Yoga on Discovery Channel (5:33)
<http://www.youtube.com/watch?v=ahhN3Ryw4O4>

Laughter Yoga for Health- Today's Health, healing power of laughter (5:17)
<http://www.youtube.com/watch?v=u-DRLr8PCCA&feature=related>

London Laughter
<http://www.youtube.com/watch?v=DWi6QVsW-qA&NR=1>

Laughter Research

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